WHAT IS CLAIMED IS:

1. An information processing apparatus comprising: a storage section to store data; and an input/output control section to give and receive information to/from an input/output device based on the data stored in said storage section,

wherein said input/output control section gives instructions about electric power conditions to said input/output device, regardless of whether or not to transfer input data from said input/output device or output data to said input/output device.

2. An information processing apparatus according to claim 1, wherein said storage section stores a management table showing a relationship between times and electric power saving control instructions of the input/output device, and

said input/output control section gives the instructions to said input/output device according to said management table.

- 3. An information processing apparatus according to claim 1, wherein said instructions are given to allow predetermined electric power conditions to be maintained for a predetermined time period.
- 4. An information processing apparatus according to claim 1, wherein said input/output device is a display device, and

said instructions are given to limit brightness of the display device.

- 5. A program product executable by a computer for allowing an information processing apparatus to give instructions about electric power conditions to an input/output device, regardless of whether or not input data from said input/output device or output data to said input/output device is transferred.
- 6. A program product according to claim 5, wherein said input/output device is a display device, and said output data is image data.

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storing a management table showing a relationship between times and electric power saving control instructions of the input/output device; and

giving instructions by said input/output control section to said input/output device according to said management table.

- 12. An information processing method according to claim 10, wherein said instructions are given to allow predetermined electric power conditions to be maintained for a predetermined time period.
- 13. An information processing method according to claim 10, wherein said input/output device is a display device, and

said instructions are given to limit brightness of the display device.

14. An information processing method comprising the steps of:

storing data in a storage section in an information processing apparatus; and

giving and receiving information between said information processing apparatus and an input/output device by an input/output control section,

wherein said input/output control section gives instructions about electric power conditions to said input/output device, regardless of whether or not to transfer input data from said input/output device or output data to said input/output device, and

said input/output device controls the electric power conditions based on said instructions.

- 15. An information processing method according to claim 14, wherein said input/output device is an LCD comprising a backlight.
- 16. An information processing method according to claim 15, wherein said input/output device is the LCD comprising the backlight, and

said LCD limits brightness of said backlight by reducing output electric power of an

inverter for driving a cold-cathode tube or by shortening an illuminating time period in a lighting control cycle.

- 17. An information processing method according to claim 10, wherein said input/output device is a speaker, and said instructions are given to reduce an output of said speaker during a predetermined time period.
- 18. An electric power reduction monitor management method, wherein a task management application program for relating times to power saving settings of the monitor device is stored in a computer terminal in advance and electric power saving control of said monitor device is performed according to the settings of said task management application program, even when a video signal is input to said monitor device from said computer terminal.